

Quebec Resources

Community Organizations

[AIDS Community Care Montreal \(ACCM\)](#)

AIDS Community Care Montreal (ACCM): ACCM is a volunteer-driven community organization that provides support services and treatment information to people living with HIV/AIDS and/or hepatitis C. The voices of their members are central to ACCM's guidance and we work in collaboration with their many communities to build a compassionate and caring response to HIV and hepatitis C. Their peer support, practical assistance and treatment information programs aim to improve the quality of life of their members and encourage their personal development.

[Au delà de l'arc-en-ciel \(Beyond the Rainbow\)](#)

ADA (Beyond the Rainbow) is a non-profit Montreal community organization offers a range of reception and support services to any LGBT person, regardless of age and ethnic origin, in order to: Promote its integration into Quebec society; Defend your rights with a view to social development; Show local people all the benefits of diverse cultures and life experiences. The organization provides services such as: information and referral, support, intercultural twinning, housing search, information on immigration procedures, referral to government and paragonovernmental bodies, and networking of contacts.

[ALTHÉROS](#)

AlterHéros is a non-profit community organization located in Montreal, Quebec. Alterheros is an online network of experts committed to provide information about the challenges of sexual and gender diversity and to demystify LGBTQ+ identities and orientations.

[AGIR](#)

AGIR is a non-profit organization for LGBTQ+ refugees and immigrants in Montreal, who offer services, information, programs and resources, in addition to protecting and defending the legal, social and economic rights of migrants (asylum seekers, refugees, immigrants, and those with undetermined status) from lesbian, gay, bisexual, trans and queer (LGBTQ) communities, all in a spirit of solidarity and intersectionality.

[TransMontréal](#)

A community organization that provides services by, for, and with trans and non binary people in Montreal.

[Conseils Québécois LGBT](#)

The Conseil Québécois LGBT is an organization for the collective defense of LGBT rights and the primary interlocutor with the government of Quebec on LGBT issues.

[Fondation Emergence](#)

The Foundation offers information and awareness programs aimed at favoring the well-being and defense of human rights of LGBT persons. Its main activity consists of planning the International Day against homophobia and transphobia (IDAHOT), which they initiated.

CACTUS Montréal

CACTUS Montréal is a community organization for the prevention of blood-borne (BBSI) and sexually transmitted infections.

Action Santé Travesti(e)s et Transsexuel(le)s du Québec/ Quebec Trans Health Action (ASTT(e)Q)

The group aims to promote the health and well-being of trans people through peer support and advocacy, education and outreach, and community empowerment and mobilization. They understand the health of trans people and their communities to be interrelated to economic and social inequalities, which have resulted in trans people experiencing disproportionate rates of poverty, un(der)employment, precarious housing, criminalization and violence. Services Provided: Weekly drop-in, transportation, multi-lingual services, working with deaf and hard of hearing trans people, working with parents, free services and events.

Institute for Sexual Minority Health

The Institute for Sexual Minority Health is dedicated to improving access to trans affirming care and services for gender diverse individuals and their families.

Education

Canadian Association for Education and Outreach (CAEO)

A charitable volunteer organisation founded in 1976 originally operating under the name of Gay Line. Since then, the organization has grown to reflect the needs of the Québec English-Speaking LGBTQ+ Community and to take on a new identity. Their mission is to combat homophobia, biphobia, transphobia, queerphobia, intersexism and heterosexism. They strive for equal status and equal opportunity within our society and aim to eliminate mere tolerance and achieve real acceptance. Services Provided: Sexual Information Leads to Knowledge (SILK) community program.

GRIS-MONTRÉAL

GRIS (Research and Social Intervention Group) organises interventions in the school system but also workplace and senior places to ensure a better awareness of the diversity of sexual orientations and gender identities, thanks to volunteers presentations.

Queer Between the Covers

Queer Between the Covers provides access to queer materials that are otherwise unavailable in the city and draws attention to the role of queer bookstores in providing community space and supporting cultural production.

SILK (Sexual Information Leads to Knowledge)

SILK (Sexual Information Leads to Knowledge) is an educational program that provides English speaking high schools with free workshops geared to increase awareness and knowledge on sexual orientation, gender identity, diversity, and inclusivity. This program aims to dispel homophobia, biphobia, transphobia, queerphobia, intersexism and heterosexism to help make schools a safer space for all students.

[The Open Door Network](#)

The Open Door Network (ODN) is a college-wide effort to inform and sensitize faculty, staff and students about sexual orientation and gender identity.

Mental Health

[Pride Therapy Network Of Montreal](#)

A community-based organization of independent mental health professionals offering affirmative therapy services to the LGBTQIA2S+ communities.

[Black Healing Fund](#)

Black Healing Fund is a growing, volunteer-run initiative that exists to provide low-income Black folks in the Tio'tia:ke / Montreal area with discretionary funding and resources that contribute to mental health and wellness.

[Friends of Ruby](#)

Friends of Ruby is dedicated to the progressive well-being of LGBTQI2S youth (aged 16-29) through mental health services, social services and housing. Their approach is comprehensive, involving mind, body and community – wherever you are on your personal journey (run from Toronto, available in Quebec).

Wellness

[Santé Montreal Crisis Centres](#)

A guide to crisis centres and supports available 24/7 in Montreal.

[Hawthorn Studio](#)

Co-owners Lindsay Philomene and Terry Dactel started Hawthorn tattoo studio after bonding over their similar experiences with discrimination in the tattoo industry. The studio was created to carve out their own safe space for all.

Support Communities

[Community Centre LGBTQ+ of Montreal](#)

The Community Centre LGBTQ+ of Montreal acts to improve the well-being of people in LGBTQ+ communities by promoting cooperation and community and social development by individuals and organizations. One of the services of the Centre is the Open Book Library, one of the biggest LGBTQ+ libraries in the Francophony and the world, with more than 20,000 documents (novels, essays, books of poetry, comic books, newspapers, academic books, movies, documentaries, and youth collection) related to the realities of the LGBTQ+ Communities and accessible to everyone.

[Équipe Montréal](#)

Équipe Montréal is a LGBTQ sports team coalition.

Taking What We Need

Taking What We Need is an informal collective organizing to fight for the lives of our sisters and ourselves. We acknowledge and abhor the reality that many transfeminine people face on a daily basis, falling at the intersections of poverty, racism, misogyny, social isolation, and colonial violence. Taking What We Need's primary mission is to empower our sisters through discretionary funding and build solidarity within our community by collectively resisting transmisogyny.

Trans Pride

Trans Pride / Fierté Trans is an annual Event aiming at raising awareness about trans rights.

LGBT+ FAMILY COALITION

A bilingual group of LGBT+ parents and future parents advocating for the legal and social recognition of LGBT+ families, exchanging information, sharing resources and having fun together with our children.

Gay & Grey Montreal

Gay and Grey Montreal is a social, mutual aid and sensitization network for English-speaking 2S.L.G.B.T.Q.I.A.+ individuals over the age of 50 in Montreal and the surrounding area. They are committed to reducing isolation and improving the quality of life for 2S.L.G.B.T.Q.I.A.+ seniors, while promoting appropriate services in a positive, caring environment for 2-spirited, lesbian, gay, bisexual, trans, queer, intersex, asexual and anyone who identifies as belonging within this rainbow umbrella who live in Montreal and Quebec.

The Centre for Gender Advocacy (the Centre)

The Centre for Gender Advocacy (the Centre) is an independent, student-funded, Concordia University organization, mandated to promoting gender equality and empowerment particularly as it relates to marginalized communities. This mandate is achieved through ongoing programming, campaigns, resources, services, advocacy, and a commitment to accessibility.

Santé Trans Health

The Trans Health Network works to promote health and social justice for Trans people in Quebec. They have a holistic understanding of health that includes unequivocal access for all trans people to healthcare, housing, employment, and community.

Stella

Stella's primary mission is to improve quality of life and working conditions for female-identified sex workers, to educate the greater public on the different ways that sex work happens as well as about our lived experiences as sex workers, so that sex workers might also enjoy and benefit from the same rights to safety and security that are commonplace for other people.

The Collective Opposed to Police Brutality (COBP)

The Collective Opposed to Police Brutality (COBP) is an autonomous group that is made up of victims, witnesses and/or those concerned by police brutality and all abuse perpetrated by the police. The COBP's goal is to not only denounce the harassment, violence, intimidation, arrests, and abuse of power by police, but to inform people of their rights and lend support to victims by, for example, helping them to file a complaint in the police ethics system or deal with wrongful

accusations. The COBP does regular workshops and discussions on rights and police abuse which are available upon request. We also do Copwatch, documenting the actions of police in the streets with the help of a video camera, regular cameras and by taking down the names, badge numbers, patrol car license plate numbers, what is said and done etc.

[L'aide aux trans du Québec](#)

Together they contribute to the demystification of false narratives & the realities of trans & non-binary people by representing the ATQ concerning civic or social equality. They are also engaged in advocating for equality inside the LGBTQIA2S+ community and in the world. These representations allow trans individuals to gradually experience greater freedom in their social, cultural, and economic life.

[West Island LGBTQ2S+ Centre](#)

The West Island LGBTQ2+ Centre is the only LGBTQ2+ resource in the West Island region of Montreal. The Centre has a series of programs that cater to different demographics within the community. They provide a series of outreach programs, after school drop ins, and adult programming and education.

[SafeBox MTL](#)

SafeBox MTL is an inclusive support group for all adult members of the Montreal LGBTQ+ community. Meetings are a safe space where folks can talk about LGBTQ+ related topics like coming out, sexual orientation, gender expression, stereotypes, relationships, and so much more. The group discussions are confidential, respectful and judgment-free.

[Helem Montréal](#)

Helem Montréal originated from Helem Lebanon (Beirut) and maintains a proud Arab identity. Born in 2004, Helem Montreal was initially aimed at the Lebanese LGBTQ+ community. Today, the organization has opened up to the realities of all the Arab LGBTQ+ communities in Montreal. Helem Montreal aims to fight homophobia within the Arabic-speaking community of Montreal by promoting the visibility of LGBTQ people.

[STUDIO DE DANSE ARC-EN-CIELa](#)

Studio Arc-en-ciel is a dynamic social dance school, the only one for the LGBT community in Québec, but open to all. Luc and Dominic will teach you the basics of the many styles taught there.

[Interligne](#)

Interligne is a first response centre that provides help and information to those concerned with sexual orientation and gender diversity.

[GA'AVA \(ORGANIZATION FOR THE GLBT JEWISH COMMUNITY OF MONTREAL\)](#)

The Jewish Community's LGBTQ Advisory Committee and support group.

[Massimadi](#)

Massimadi Montreal LGBTQ+ afro Film and Arts Festival that takes places in Montreal during Black History Month. The festival has existed since 2009 with its objective being to raise

awareness and educate in order to fight against homophobia in Black communities and make known the experiences of LGBTQ plus people in this population.

Head and Hands

Through education, intervention, and referral, and in collaboration with other organizations, Head and Hands provides medical, social and legal services and recreational activities to youth of diverse communities, free of charge.

FEMTL

A safe online space for trans women and transfeminine people to find and connect with others in Montreal and surrounding regions | Un espace sécuritaire en lignes pour femmes trans et personnes transféminines ou trouver et se connecter avec d'autres à Montréal et dans les régions environnantes.

Healthcare

Quebec Trans-affirmative Provider List

The purpose of this reference list is to assist anyone attempting to locate trans-informed, trans-affirmative health professionals by region or by area of practice.

Rezo

RÉZO privilégie une approche globale de la santé et fournit aux hommes gais et bisexuels, cisgenres et transgenres, séronégatifs ou séropositifs des connaissances et tdes moyens pour développer et maintenir un plus grand contrôle sur leur santé physique, mentale, affective et sociale.

Sexual Assault Centre Of McGill Student Society (SACOMSS)

SACOMSS provides support for survivors of sexual assault, including legal support and accompaniment; their staffers are well-trained on supporting queer and trans folks. This centre serves the Montreal area (not just students).

Meraki Health Centre

The Meraki Health Centre offers a variety of services for transgender individuals that includes initiation and follow-up for hormone therapy as well as counselling.

Clinique Quorum

Located in the Gay Village, Clinique Quorum provides a variety of services that include a pre-exposure prophylaxis (PrEP) clinic, post exposure prophylaxis (PEP) and transgender care (including hormone therapy).

GrS Montréal

A team of doctors/surgeons providing gender affirming surgery.

Children and Youth

COALITION OF LGBTQ+ YOUTH GROUPS

The goal of this organisation is to facilitate the social integration of LGBTQ+ youth and to create environments favorable for their development.

Jeunesse Lambda

Organization by and for LGBTQ+ or questioning youth aged 14-25 years old. We work within a safe space, l'Asterisk, and we organize evenings of discussions and activities.

L'ASTERISK

L'Astérisque is a bilingual and non-commercial safer space for lesbian, gay, bisexual, trans, non-binary, queer and questioning youth, ages 14 to 25. It is a project of the Coalition of LGBTQ+ Youth Groups and shares its space with [Projet 10](#), [Jeunesse Lambda](#), and [AlterHéros](#). As a result, LGBTQ+ youth have access to information, services and activities under one roof, as well as peer support. The space is also available on demand to LGBTQ+ youth collectives who need a space to hold their activities and meetings.

Project 10

Project 10 is a meeting place and advocate for lesbian, gay, bisexual, intersex, queer, trans, two-spirit, and questioning youth in Montréal, QC.